



# WIC—Special Supplemental Nutrition program for **W**omen, **I**nfants & **C**hildren

## Who is eligible for WIC?

- Pregnant women
- Breastfeeding women for up to 12 months post-partum
- Post-partum women (up to 6 months)
- Children from birth to 5 years
- Must reside in Los Angeles, Orange or San Bernardino Counties
- Medi-Cal, Healthy Families and Healthy Kids members may be eligible

## WIC Services

- Individual and group nutrition and health education sessions
- Breastfeeding promotion education and support
- Referrals to social services and health agencies
- Nutritious supplemental foods such as milk, eggs, cheese, cereal, beans, juice, peanut butter and additional foods for breastfeeding mothers

## WIC promotes breastfeeding

WIC believes that good health begins with breastfeeding. Please do your part to support mothers to successfully breastfeed their babies. WIC supports breastfeeding mothers by providing:

- Individual and group breastfeeding education
- Breastfeeding support groups
- Trained Certified Lactation Educators at most WIC sites.
- Help with breastfeeding management (problems with engorgement, latch-on, etc.)

Mothers may call WIC's Breastfeeding Help-Line at 1-888-278-6455 with questions and concerns.

## Infant Formula

For non-breastfeeding mothers, WIC provides three types of standard infant formula:

### **Milk-based:**

Similac Advance  
Similac with Iron

### **Soy-based**

Similac Isomil with Iron  
Similac Isomil Advance

### **Lactose-Free**

Similac Lactose Free

\* WIC does not provide formulas for medical conditions, such as Alimentum, Nutramigen LIPIL, Similac NeoSure Advance, and Enfamil Enfacare LIPIL. These formulas can be given by prescription if authorized by the member's health plan.

## How do you refer patients to the WIC Program?

1. Write the required health information on a WIC referral form, in a prenatal booklet or on a prescription pad. The referral must include your patient's:

- \*Name
- \*Height
- \*Birth Date
- \*Weight
- \*EDD
- \*Hemoglobin or Hematocrit results
- \*Lead screening results for children age 1-2 years
- \*Documentation of any medical/nutritional risk factors

\*\*Remember to document WIC referrals in your patient's medical record.

2. Instruct your patient to call the **PHFE—WIC Toll Free # (888) 942-2229**, for more information about WIC. Your patient will be referred to the WIC agency that best fits her needs.

Women wanting to remain on the WIC Program after their pregnancy will need to bring health information from their six-week post-partum check-up.

## For breast pump rentals for mothers with hospitalized infants and for authorization for specialized formulas, contact your **L.A. Care Health Plan Liaison:**

- **Blue Cross:** UM Department (888) 831-2246
- **Care 1st:** UM Department (626) 299-4277
- **CHP:** UM Department (626) 299-5539
- **Kaiser Permanente:** Member Services (800) 464-4000
- **L.A. Care:** Elizabeth Igwe, RN (213) 694-1250 x4232
- **UHP:** UM Department/Case Management (310) 680-3400